

## HOW TO HAVE BEAUTIFUL WHITE HANDS.

### Mary Scott Rowland's Practical Advice and Her Weekly Talk with Those Who Ask Her Questions.

**A** HAND which is poorly cared for is an abomination in refined society. The neglect of the hands is particularly inexcusable when it is understood how easily and inexpensively they may be kept in perfect condition. As inexcusable as this neglect is on the part of men, it is still more so on the part of women.

To a certain extent, the care which a woman takes of her hands indicates her character to all observers. A dainty, well groomed hand often produces the impression of general beauty on the spectator.

There are remedies for keeping the skin in good condition and the nails a bright pink. Contrary to the popular impression, soft, white hands are rather difficult to attain. A shapely hand is the gift of nature, but many unshapely hands, and even distorted hands, are the result of carelessness and neglect. Red and puffy hands are often caused by wearing gloves which are too small or fasten too tightly. The best gloves to wear are those of animal skin, such as kid, buckskin, doeskin, and the like. Be careful to select a comfortable glove for this purpose, or the blood will not circulate freely, and more harm than good will result. The hands should be exposed to the sun and winds as little as possible.

Lifting heavy objects, excessive bicycle practice and constantly wearing rings which are too small inevitably result in disfigurements. Bracelets should not be worn so close to the wrist as to affect the circulation, nor so loose as to rub on the wrist joint; if they produce the slightest irritation on the skin they should be removed at once.

Violent handshaking is detrimental to the hand, and is avoided by many persons in public life on this account. It is well known that General Washington had a strong aversion to handshaking, and at public receptions always stood with his hands behind him, simply bowing with dignified courtesy in response to presentations. The late Mrs. President Harrison was forced to refrain from handshaking on account of the disastrous effect on her hands.

Parents should take special pains to care for the hands of their growing children, for in childhood their general contour and character may be determined by care, and early neglect very often destroys the possibility of future excellence.

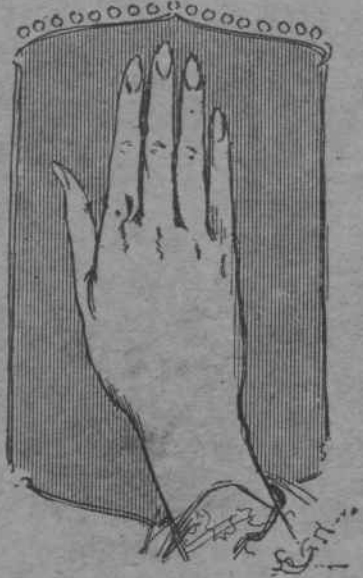
Hard water is sure to injure any skin, be it hands or face.

In order to acquire a soft, white hand, great care must be observed in the selection of good preparations and toilet soap. It cannot be too strongly urged upon all who care for the appearance of the hands and face to eschew the use of common, ill-made creams and soaps, which roughen, redden and injure the skin and produce a leathery appearance—which is most undesirable.

Rancid fats are often employed in the manufacture of soaps, and the unpleasant odors which must result from their use are partially disguised by strong scents. The highly colored and very fragrant fancy soaps displayed in handsome wrappers are not the soaps to use on the hands and face, as the effect upon the skin is most injurious. Pure soap is white in color, and its best odor is that of the pure, fresh oils which enter into its composition.

Nothing surpasses the quality of pure olive oil soap of Spanish make. A thoroughly good soap cannot be made for the low prices at which many sorts are offered at stores. Artificial essences, derived from fusel oils, are largely used to perfume soaps.

Now, having theorized considerably, I herewith offer some recipes which will be found useful in the treatment of the hands:



The Talon Shape—The Wrong Way to Cut the Finger Nails.

Orange flower water, one pint.  
Chemically pure glycerine, one ounce.  
Powdered C. P. borax, one dram.

After washing and drying the hands, take a few drops of this lotion and rub well into the hands.



The Almond Shape—The Proper Way to Trim the Finger Nails.

After washing and drying the hands, take a few drops of this lotion and rub well into the hands.

Another excellent hand whitener, to be used during sleeping hours, is prepared as follows:

Mix in a mortar half an ounce of the best gum arabic, one and one-half ounces of white honey. Reduce to a thick mass and add six drams of neutral white soap. This being gradually incorporated, add half an ounce of fresh cold-pressed oil of sweet almonds, and finally the yolk of one egg. The paste has a firm consistence, and is reduced by a thick milk of pistachio, made of fresh-peeled pistachio nuts, one ounce; distilled rose water, one ounce. Aromatize with four drops of bitter almonds for two ounces of paste. A small portion with a little warm water produces a white lather of agreeable odor. For best results it is recommended to wear a pair of old, loose-fitting, kid gloves during the night.



"Parents Should Take Special Pains to Care for the Hands of Their Children."

### QUESTIONS AND ANSWERS ABOUT BEAUTY.

A. T. D.—I suffer with dry skin. I take Turkish baths, but find it very drying to my skin. What should I do?

You should on entering the hot room anoint your face with retiring cream, and again before going in the cooling room do the same; then, before going out in the air, put a few drops of Langtry skin lotion on a moistened cloth and apply to the face. A little good powder over this will protect and will obviate the conditions you speak of.

Samedl, Brooklyn.—I am going to appear in private theatricals; can you tell me how to properly make up my face and eyes?

First, wash your face thoroughly, using tepid water and a pure soap; then apply a stiff cold cream or a light grease paint, over which put a paste rouge on the cheeks. Then apply a pure powder, and over that a little dry rouge. Bring this color well up around the eyes and cheek bones. Blacken the eyebrows and eyelashes with a good cosmetique made for that purpose. Use a little of the paste rouge on the lobes of the ears, also on the lips and in the nostrils. If you are a brunette, you require more color than if you are a blonde. Make up your neck and arms (if decollete) as you do the face, only omitting the rouge. It enhances the appearance by using a soft blue pencil around the edges of the eyelids.

Ruth Ross.—What is the cause of wrinkles under my eyes?

The eyes sink into their sockets because the fat behind them is absorbed.

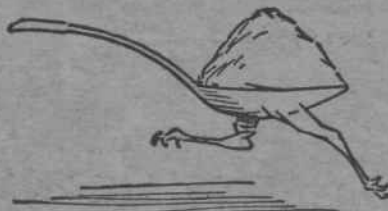
May Fair.—How can I safely remove a prominent mole on my face?

By electricity, applied by a skilful surgeon.

## Cleveland's Baking Powder

with its  
"rounded spoonful"

does not go  
so fast



as others, with their  
"heaping spoonful,"  
but it lasts longer  
and is more  
economical.